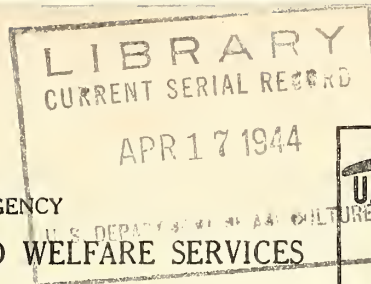


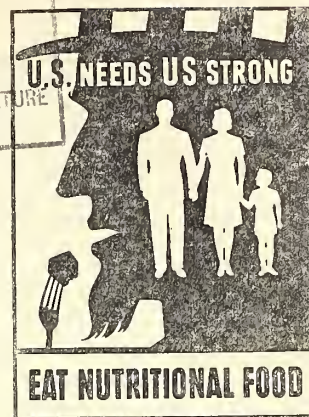
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NUTRITION NEWS LETTER NO. 9

Nutrition Implications in Food Rationing—Proposed Activities for Local Nutrition Committees

Anyone who listened to the radio broadcasts of Elmer Davis, Office of War Information, and Secretary Wickard, Food Administrator, on December 7, could not help but be impressed by the importance which nutrition education is bound to have in wartime food buying. The State and local nutrition committees are in a strategic position to further the educational aspects of the food rationing program. Since the choice of foods under the point rationing system is to be left to the individual, a knowledge of sound nutrition principles is vital if the homemaker is to make wise use of the coupons at her disposal.

The most important immediate job for local nutrition committees is to plan for an intensive educational program on meal planning in wartime which may have already been arranged for during the distribution of Ration Book No. 2. A person or subcommittee with time and ability to take full responsibility for planning such activities is strongly recommended. Some of the following activities may already be in progress in your community, but if not, they will serve as suggestions, the first one being of greatest importance.

1. Food Demonstrations: These may show how to use rationed foods to the best advantage, ways to use unrationed foods, to extend the flavor of rationed foods, etc. Nutrition volunteers (aides) may participate effectively in such programs, thus making possible small neighborhood groups.
2. Information Tables—located at convenient centers where numbers of people come for other purposes. (Rationing board centers most strategic.)
3. Individual Conferences with people available and able to answer questions at places convenient to marketing centers.
4. Exhibits and Posters—Best buys for good nutrition under point rationing system.
5. Mimeographed or Printed Handout announcing demonstrations, conference centers, exhibits, and giving reasons why nutrition information is vital right now.
6. Movies, Film Strips, and Slides locally sponsored.
7. Short Skits, Puppet Shows, Chalk Talks to dramatically convey nutrition information. Youth dramatic groups enjoy helping with such projects.

News Notes Gathered at the Negro Health School at Durham, North Carolina, Summer 1942.

VITAMIN C MADE THE DIFFERENCE. On examination of children attending the Health School, out of a group of twenty-one, nineteen were found to have soft, spongy, and bleeding gums. They were given a diet high in Vitamin C—tomato juice, citrus fruits, and raw vegetables. In ten days every one of the cases had cleared up.

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EXAMPLE MADE THE DIFFERENCE. School "A"—Every Child Brings a Good Lunch. One day a boy brought a sweet potato. The children snickered when they saw him eat it. The teacher said nothing, but on the day following, instead of the wrapped lunch she had a big brown sweet potato. The children looked frankly puzzled, then one child said, "Teacher has a sweet potato."

The next day several children who had not been in the habit of eating lunch brought sweet potatoes. Teacher brought a dish of greens, a piece of cornbread, and a jar of milk. Soon every child was bringing lunch—just what he or she had at home. At lunch time the teacher and pupils discussed informally good lunches, how they could be made attractive, and the need for wholesome food in the middle of the day.

School "B"—Half of the Children Bring Poor Lunches, Others None. In School "B" the teacher continued to eat her purchased lunch. The children could not afford a "bought" lunch, so rather than be embarrassed they brought nothing.

SALAD BIRTHDAY PARTY—A mother who had been attending a nutrition class, decided to give her daughter, Patsy, a different kind of birthday party. Five of Patsy's little friends were invited to a salad party at which time the youngsters actually prepared the vegetable salad and made sandwiches of enriched bread. They never enjoyed a party more.

Better Lunches for Workers in Industry are being promoted throughout the country. Several popular pamphlets on the subject have come to our attention and are listed here for your information.

EAT TO BEAT THE DEVIL (The War Worker's Guide to Eating for Fitness)—
Serval Inc., Evansville, Indiana.

FOOD FOR VIM, VIGOR, VITALITY (Keep Fit To Work, To Earn, To Win)—
Nutrition Committee, Cleveland Health Council, Cleveland, Ohio.

FOR THE NIGHT SHIFT (Lunches for War Workers)—Division of Nutrition,
Bureau of Maternal & Child Health, Pennsylvania Department of
Health, Harrisburg, Pennsylvania.

GOOD PACKED LUNCHES SAVE THE DAY—Washington State Nutrition Committee,
Washington State College, Pullman, Washington.

IF HE WORKS BY NIGHT—H. J. Heinz Company, Pittsburgh, Pennsylvania.

PACK A LUNCH A MAN CAN WORK ON—Civilian Defense Health and Nutrition
Council, Bridgeport, Connecticut.

PACK A LUNCH FOR VICTORY—Home Economics Department of Public Service,
New Jersey.

PACK A LUNCH THAT PACKS A PUNCH—General Electric Home Service Institute,
Bridgeport, Connecticut.

PACK A PUNCH IN EVERY LUNCH—IF HE CARRIES HIS OWN—Nutrition Council
of the Public Health Federation, a committee of the Hamilton County
Civilian Defense Council (published by courtesy of Cincinnati Gas
and Electric Company and Times.)

THE GOOD BOX LUNCH—A MEASURING STICK FOR A GOOD BOX LUNCH—State Bureau
of Health, Augusta, Maine.

THE HOME-PACKED LUNCH FOR THE DEFENSE WORKER—Ohio Department of Health,
Columbus, Ohio.

THE WELL-FILLED DINNER PAIL—Nutritionist, Iowa State Department of
Health, Des Moines, Iowa.

Vita-Min-Go Game in New Roles

REVISED EDITION AND NEW DISTRIBUTION PLAN—Vita-Min-Go has proved its worth as a good teaching device, but its use has also disclosed several points on which it could be improved. In order to function to the best advantage in a war-time food rationing program, there were several changes that seemed advisable. The new Vita-Min-Go, revised to meet wartime food problems, will be even more to your liking than the first edition.

For some months, we have been hoping that some plan could be worked out to make this game available to nutrition committees throughout the country to assist them in promoting good nutrition in their areas. Through the courtesy of the

Lily-Tulip Cup Corporation, 122 East 42nd Street, New York, New York, copies of Vita-Min-Go, free from advertising, can now be obtained for general distribution on a consignment basis and paid for 60 days after shipment. Unused copies may be returned for credit within this time. On this basis, Vita-Min-Go can be bought for \$43.00 per 1,000 copies. It is suggested that nutrition committees or other groups sell the games at 10¢ each and that profits be used to furnish free copies to special groups as needed. Name and address of local groups sponsoring this sale could be put on the envelopes by rubber stamp or sticker.

POSTER-SIZE VERSION GOES TO GARDEN SHOW IN HAWAII—Reports have recently reached us of the Victory Garden Show held in Honolulu November 21, 1942. The exhibit featured as its central attraction, poster-size version of Vita-Min-Go with home economists in attendance to help persons play the game and score them. Approximately 500 people either played the game or evidenced an active interest in it.

As a result of this experience, the committee in charge commented that Vita-Min-Go had demonstrated its effectiveness as an instrument of interpretation but, if used again in this way, they recommended consideration of the following points:

1. Concentrate on the game and use other materials as supplementary to the game which proved to be the natural attraction.
2. Provide a check list for the person playing so that he will know the "how" and "why" of his score and how to win the next time.
3. Provide copies of the game for sale.

A Selected List of Nutrition Articles Prepared by the Subcommittee on Educational Materials, Connecticut State Nutrition Committee (Reprints not available from this office)

THE AMERICAN HOME

Nutrition Today and Tomorrow, January 1943, p. 44.

Cheese—A Bargain in Nutrition, January 1943, p. 46.

HYGEIA

Food for Uncle Sam's Workers, by S. R. Winters. January 1943, p. 32.

What about Oleomargarine? by Madeline Day. January 1943, p. 48.

McCALL'S

Look Out for Those Vitamin Thieves, by E. V. McCollum.
January 1943, p. 48.

New Materials (Samples Not Enclosed)

"FOOD FOR YOUNG CHILDREN IN GROUP CARE," by Miriam E. Lowenberg. United States Department of Labor, Children's Bureau, Children In Wartime Series, No. 4. This bulletin gives suggestions on the planning, preparing, and serving of meals, with careful consideration of varying nutritional needs and eating habits for children 2-5 years of age who come together in groups for part-day or all-day care. Single copies may be obtained free from your Regional Nutrition Representative as long as the limited supply lasts. For sale by the Superintendent of Documents, Washington, D. C. Price 10 cents.

"EXPERIMENT STATION RESEARCH ON WAR PROBLEMS IN THE HOME," by Sybil L. Smith and Georgian Adams. United States Department of Agriculture. Miscellaneous Publication No. 503. September 1942. A survey of research conducted in State Agricultural Experiment Stations throughout the fiscal year 1940-41. Heretofore, this type of material has been part of the annual report but is now issued as a separate Department publication for convenience of teachers, extension workers, and leaders of adult education classes. For sale by the Superintendent of Documents, Washington, D. C. Price 10 cents.

"NUTRITION WEEK IN ST. JOSEPH COUNTY AND SOUTH BEND, INDIANA, AND GENERAL SUGGESTIONS FOR CONDUCTING AN INTENSIVE NUTRITION WEEK." This pamphlet gives general suggestions for organizing and conducting a nutrition week and the activities that might be carried out by separate committees. Single copies may be obtained from your Regional Nutrition Representative free as long as the limited supply lasts.

"SUGGESTIONS AND RECIPES FOR MEAT ALTERNATES AND EXTENDERS." In this booklet, some restaurants and cafeterias throughout the country give suggestions and some large quantity recipes for meat alternates and extenders. Copies may be obtained from the National Restaurant Association, 666 Lake Shore Drive, Chicago, Illinois. Price 25 cents per copy.

"NUTRITION YARDSTICK." A device for measuring the food value and adequacy of daily diets. Suitable for use by college students and some adult classes. Printed by and available from National Live Stock and Meat Board, 407 South Dearborn Street, Chicago, Illinois. Price \$1.00.

"HOW TO MAKE YOUR REFRIGERATOR LAST LONGER" and "HOW TO MAKE YOUR GAS OR ELECTRIC RANGE LAST LONGER" prepared by the Bureau of Home Economics and the Office of Price Administration. These publications tie in with the family need situation and might be useful in discussions dealing with the care and preparation of food. Single copies available free from the Office of Information, U. S. Department of Agriculture. Large quantities available from the Superintendent of Documents, Washington, D. C. \$1.00 per 100 copies.

New Materials (Samples Enclosed)

"RECOMMENDED DIETARY ALLOWANCES," revised edition January 1943, is just off the press in time to enclose with this letter. The major changes are the recommendations regarding iodine, copper, and vitamin K incorporated in a foot note. A limited number of additional single copies may be obtained from the National Research Council, 2100 Constitution Avenue, Washington, D. C.

"ROOT VEGETABLES IN LOW COST MEALS"—One of the series of pamphlets on low-cost meals prepared by the Bureau of Home Economics. Additional copies in limited numbers may be obtained from your Regional Nutrition Representative.

Sincerely yours,



Helen S. Mitchell,
Principal Nutritionist

Enclosures

For your convenience in knowing how to get in touch with the Regional Nutrition Representative in your region, the following list is appended. Be sure to address care of the Regional Office, Defense Health and Welfare Services.

Region I (Mass., Me., N. H., Vt., R. I., Conn.)

Miss Rosabel Burch, 120 Boylston Street,
Boston, Mass.

Region II (N. Y. State, N. Y. City)

Miss Lorna Barber, 11 West Forty-second
Street, New York, N. Y.

Region III (Penna., Del., N. J.)

Miss Lorna Barber, (Headquarters) 842
Widener Building, Philadelphia, Pa.

Region IV (Md., N. C., W. Va., Va., D. C.)

Miss Eleanor Enright, Arlington Building,
Washington, D. C.

Region V (Ohio, Mich., Ky.)

Mrs. Imogene Cox, Union Bank of Commerce
Bldg., Cleveland, Ohio.

Region VI (Ind., Ill., Wis.)

Miss Helen E. Walsh, 105 West Adams Street,
Chicago, Ill.

Region VII (S. C., Fla., Ga., Miss., Ala., Tenn.)

Miss Myra Reagan, Lullwater Building,
Atlanta, Ga.

Region VIII (Minn., N. Dak., Iowa, S. Dak., Nebr.)

Miss Velma Clark, Midland Bank Building,
Minneapolis, Minn.

Region IX (Kans., Mo., Okla., Ark.)

Miss Ruth McCammon, 1006 Grand Avenue,
Kansas City, Mo.

Region X (Tex., N. Mex., La.)

Miss Hazel Bratley, 901 Maverick Building,
San Antonio, Tex.

Region XI (Wyo., Mont., Idaho, Colo., Utah)

Mrs. Agnes English Vaughn, 311 Equitable
Building, Denver, Colo.

Region XII (Wash., Nev., Oreg., Calif., Ariz.)

Miss Rae Russell, 785 Market Street,
San Francisco, Calif.)